**八年级（下）英语第4周第2课时**

**Module 4 Unit 2 学程拓展**

**请阅读下面这篇科学研究，对比微课所学到的内容，思考这篇文章给你带来的启示，并根据你的思考给他人提一些相关建议。**

Do you have difficulty falling asleep at night? If so, here is a piece of advice for you: Listen to some soft music.

Scientists have found that soft music can help to improve sleep quality (质) and quantity (量). This works for sleepers of all ages, and even for those with sleeping problems. Soft music can help us fall asleep faster, wake up less during the night and feel more rested in the morning. You may not notice the effects (效果) overnight, though. It could take as many as three weeks to see any improvements.

Why can soft music help us sleep better? The reasons aren't clear yet. It may have something to do with the relaxing effect of a good song. Music can have real physical effects, too. Soft music can lower our heart rate (心率) and slow down our breathing. This prepares us for sleep.

Scientists say that for most people, music that has 70 beats (节拍) per (每) minute (bpm) works best. Classical, jazz and folk music are usually more effective than other musical styles. Familiar songs work well, too. You may need to make your own playlists. If you are not sure how many beats a song has in a minute, you can find out by entering its title into songbpm. com. And remember to get the volume (音量) right. Make sure that the final piece is one that fades out. Or, you may be woken up by the sudden silence.

It is very important to get enough high-quality sleep. Before you go to bed tonight, play some soft music. Then, just prepare to be rocked off to dreamland!